

## 2017 YOGA EAST TEACHER TRAINING SYLLABUS - 200 HOUR YOGA ALLIANCE REGISTERED COURSE

	Date	Time		Teacher	Reading	Hours
Anatomy and Physiology						
1	Aug 5	1:00-2:15 pm	How to color the Anatomy Book, Language of Anatomy, terms of movement, muscle action; Connective tissues.	L Spaulding	Read iv-17, Color 1-5, 9-10	1.25
2	Aug 19	1:00-2:15 pm	Cells & Tissues: Muscle, Nervous, Integration of tissues, skeletal muscle, neuromuscular integration, reflexes	L Spaulding	Color 11-14, 42-43, Read 71, 85, 89	1.25
3	Aug 26	1:00-2:15 pm	Skeletal System: bone structure, axial/appendicular skeleton; joints; movement terms;	L Spaulding	Read 15-16; Color 17, read 18, color 19-21, read 22-24	1.25
4	Sept 9	1:00-2:15 pm	Vertebral column and back muscles	L Spaulding	Color 25-28, read 44-45; Color 46-47	1.25
5	Sept 16	1:00-2:15 pm	Upper limb, skeletal	S Reid	Color 29-34	1.25
6	Sept 23	1:00-2:15 pm	Upper limb, muscular	L Spaulding	Color 52-55	1.25
7	Sept 30	1:00-2:15 pm	Pelvis	L Spaulding	Color 35-37	1.25
8	Oct 7	1:00-2:15 pm	Bandhas	L Spaulding	Color 48-51	1.25
9	Oct 14	1:00-2:15 pm	Thigh and Leg	L Spaulding	Color 38-41	1.25
10	Oct 21	1:00-2:15 pm	Hip and Thigh	L Spaulding	Color 59-62	1.25
11	Oct 28	1:00-2:15 pm	Arm, wrist and hand	S Reid	Color 56-57	1.25
12	Nov 4	1:00-2:15 pm	Leg and Foot	L Spaulding	Color 63-66	1.25
13	Nov 17	1:00-2:15 pm	Review	L Spaulding	Color 58, 66, 67	1.25
14	Dec 2	1:00-2:15 pm	Nervous System, Cardiovascular system, Respiratory system, Digestive system	L Spaulding	Color 68, 77, read 84, 101, 127, 134	1.25
15	Dec 9	1:00-2:15 pm	Subtle Anatomy Chakras	L Spaulding	Handout	1.25
16	Dec 16	1:00-2:15 pm	Subtle Anatomy Nadis	L Spaulding	Handout	1.25
			Coloring Assignments			10
Teaching Methodology						
1	July 29	2:30-5:00 pm	<b>Taking the Seat of the Teacher Part 1</b> Discussion of qualifications of a teacher, the teacher's role, studentship, the power of intention, course goals.	L Spaulding	Orientation Manual	2.50

	Aug 11	1:00-5:00 pm	Douglas Keller Workshop Friday	D Keller		4.00
	Aug 12	1:00-4:00 pm	Douglas Keller Workshop Saturday	D Keller		3.00
2	Aug 19	2:30-5:00 pm	<b>Taking the Seat of the Teacher Part 2</b> Intro to teaching methodology, alignment; ethics, class safety, foundation asanas, how to sit, pranayama, meditation. Seated, supine and prone poses	L Spaulding	IW 1-10, 164-170, 49-57, 79, 84-85, 88-91	2.50
3	Sept 16	2:30-5:00 pm	<b>Art of Teaching Part 1</b> Observing students, teacher's position, dialogue, cueing, verbal corrections, manual adjustments. Standing poses 1, Savasana	A Kosko	IW 12-29, 149-152	2.50
4	Sept 30	2:30-5:00 pm	<b>Steady Wisdom</b> The Vedas say, "Only one who obeys can command." Exploration of this these relating to teaching yoga; concepts of command, knowledge of the method, responsibilities of the teacher, maintaining a personal practice, learning the teachings of our tradition (Shastras). Inverted poses	L Spaulding	IW 95, 98-101	2.50
5	Oct 14	2:30-5:00 pm	<b>Art of Teaching Part 2</b> Patience with the students: further refinements in the art of teaching including understanding the different ways students learn. Learn to "spot", assist, teach mixed levels of classes, teach advanced students with confidence, and teach students with challenges. Standing Poses 2, Twists 1, Backbends 1	A Kosko	IW 30-48, 69-73, 92-94	2.50
6	Oct 28	2:30-5:00 pm	<b>Alignment with the Truth</b> What does it mean to be truly aligned? Looking at all facets of alignment including its aesthetic, symbolic, ethical, psychological, and philosophical aspects. How to maintain an ethical center, be honest with yourself and your own feelings as well as with your students, other teachers, your teacher and your tradition. This includes being realistic about your own qualifications and the benefits of yoga, knowing the dangers of incorrect practice, how to safeguard students and yourself from injury or potentially abusive or exploitative situations. Inversions, backbends, inversions and backbends with chair	S Reid	IW 96-97, 130-113, 116-117-122, 133-139	2.50
	Nov 12	10:00-4:00 pm	Ramanand Patel Workshop Sunday	R Patel		5.00
7	Nov 18	2:30-5:00 pm	<b>Opening the Lotus</b> When we talk about "opening" in yoga, what do we mean? We will take an in-depth look at some of the more challenging postures and our relationship with them as practitioners and teachers. We will study the biomechanical structure of the vulnerable joints and the the benefits and dangers yoga asanas. How to balance teaching	L Spaulding	IW 53-55, 57, 59-61, 63-65, 82	2.50

			safely and encouraging students to develop the ability to practice these challenging and rewarding postures. Seated poses and twists			
8	Dec 9	2:30-5:00 pm	<b>Centered and Serene.</b> how to maintain your serenity when dealing with challenging students and situations. How to plan your time; how to nourish yourself; how to keep yourself inspired; how to handle your own injuries and personal challenges. Restorative and relaxation poses	B Thompson	IW 80-81, 149-152	2.50
Yoga Philosophy, Lifestyle and Ethics						
1	Aug 4	5:30-6:45 pm	What is Yoga? Early History of Yoga, Intro to Yoga Sutras and Values	L Spaulding	1.1-1.4	1.25
2	Aug 18	5:30-6:45 pm	Intro to Six Philosophic Systems of India; Introduction to Samkhya, Yoga Sutras (vrittis)	L Spaulding	1.5-1.11	1.25
3	Aug 25	5:30-6:45 pm	Modern history of Yoga, practice and detachment, path of prescribed effort	L Spaulding	1.12-1.16, 1.20-1.22	1.25
4	Sept 8	5:30-6:45 pm	Krishnamacharya lineage; Isvara	L Spaulding	1.23-1.29	1.25
5	Sept 15	5:30-6:45 pm	Overcoming obstacles to yoga, ethics Part 1	K Eisner	1.30-1.39	1.25
6	Sept 22	5:30-6:45 pm	Kriya yoga and the kleshas, ethics Part 2	L Spaulding	2.1-2.11	1.25
7	Sept 29	5:30-6:45 pm	Karma, the seer and the seen	L Spaulding	2.12-2.28	1.25
	Oct 6		Research Project outline due			
8	Oct 6	5:30-6:45 pm	Ashtanga Yoga, Yama and Niyama	L Spaulding	2.29-2.45	1.25
9	Oct 13	5:30-6:45 pm	Asana and Pranayama	L Spaulding	2.46-2.53	1.25
10	Oct 20	5:30-6:45 pm	Pratyahara, Dharana, Dhyana	L Spaulding	2.54-3.3	1.25
11	Oct 27	5:30-6:45 pm	Research Project draft due - bring for discussion	K Eisner		1.25
12	Nov 3	5:30-6:45 pm	Samprajnata, Samadhi and Samyama	L Spaulding	1.17-1.19, 1.40-1.51, 3.4-3.6	1.25
	Nov 10	6:00-8:00 pm	Ramanand Patel Workshop Friday	R Patel		2.00
13	Nov 17	5:30-6:45 pm	Yogic Diet and Lifestyle, Ayurveda	L Spaulding	Handout	1.25
14	Dec 1	5:30-6:45 pm	Research Project due, bring in for discussion	L Spaulding		1.25
15	Dec 8	5:30-6:45 pm	Ramayana, Mahabharata and Bhagavad-Gita	L Spaulding	Handout	1.25

16	Dec 15	5:30-6:45 pm	Vedas, Upanishads, Vedanta	L Spaulding	Handout	1.25
Techniques						
Before class, read the instructions for each posture and practice the postures. Write questions you have about the postures or readings to discuss in class.						
1	Aug 5	9:45-11:00 am	Standing Poses; Surya Namaskar Home Practice Assignments	Susan Reid	IW 6-19, 89-91, 145-148	1.25
T	Aug 11	6:15-8:30 pm	Douglas Keller Workshop, Friday	D Keller		2.25
T	Aug 12	9:00-12:00 pm	Douglas Keller Workshop, Saturday	D Keller		3.00
2	Aug 19	9:45-11:00 am	Standing Poses; Pranayama	Susan Reid	IW 22-29, 154-156	1.25
3	Aug 26	9:45-11:00 am	Standing Poses, other Standing Poses; Pranayama	Susan Reid	157	1.25
4	Sept 9	9:45-11:00 am	Standing Poses, other Standing Poses; Pranayama	L Spaulding	157	1.25
5	Sept 16	9:45-11:00 am	Sitting Poses; Pranayama	Susan Reid	52-53, 57, 59, 64- 65; 158	1.25
6	Sept 23	9:45-11:00 am	Sitting Poses, other Sitting Poses; Pranayama	Susan Reid	159	1.25
7	Sept 30	9:45-11:00 am	Twists, Pranayama	Susan Reid	69-73; 160	1.25
8	Oct 7	9:45-11:00 am	Twists, other Twists; Pranayama	Susan Reid	161	1.25
9	Oct 14	9:45-11:00 am	Supine and Prone; Pranayama	Susan Reid	79-81, 88, 92-94; 162	1.25
10	Oct 21	9:45-11:00 am	Inversions: Shoulderstand	Susan Reid	95, 108-122	1.25
11	Oct 28	9:45-11:00 am	Inversions: Headstand	Susan Reid	98-107	1.25
12	Nov 4	9:45-11:00 am	Other inverted poses, Pratyahara	Susan Reid	96-97; 163	1.25
	Nov 11	10:00-4:00 pm	Ramanand Patel Workshop Saturday	R Patel		5.00
13	Nov 18	9:45-11:00 am	Balancings; Mind	Susan Reid	123-124, 130; 164- 170	1.25
14	Dec 2	9:45-11:00 am	Backbends; Soul	Susan Reid	133-137; 171-173	1.25
15	Dec 9	9:45-11:00 am	Backbends, Dhyana	Susan Reid	138-144; 174	1.25
16	Dec 16	9:45-11:00 am	Savasana; Mudras; Meditation Technique: Sri Yantra	Susan Reid	149-150	1.25
T			Observing 10 Classes and write report			10
T			Do home practice assignments and write report			10

T			Classes with Laura Spaulding (30 hours minimum)			30
T			Classes with Senior Staff: Kim Eisner, Anne Kosko, Kara Price, Susan Reid, Becky Thompson			40
Practice Teaching * classes to be videotaped for review and discussion						
1	Aug 20	12:00-1:45 pm	Practice Teaching			1.25
2	Aug 27	12:00-1:45 pm	Practice Teaching			1.25
3	Sept 3	12:00-1:45 pm	Practice Teaching			1.25
4	Sept 10	12:00-1:45 pm	Practice Teaching			1.25
5	Sept 17*	12:00-1:45 pm	Practice Teaching			1.25
6	Sept 24*	12:00-1:45 pm	Practice Teaching			1.25
7	Oct 1*	12:00-1:45 pm	Practice Teaching			1.25
8	Oct 8*	12:00-1:45 pm	Practice Teaching			1.25
9	Oct 15*	12:00-1:45 pm	Practice Teaching			1.25
10	Oct 22*	12:00-1:45 pm	Practice Teaching			1.25
11	Oct 29*	12:00-1:45 pm	Practice Teaching			1.25
12	Nov 19*	12:00-1:45 pm	Practice Teaching			1.25
13	Nov 26*	12:00-1:45 pm	Practice Teaching			1.25
14	Dec 3	12:00-1:45 pm	Practice Teaching			1.25
15	Dec 10	12:00-1:45 pm	Practice Teaching			1.25
16	Dec 17	12:00-1:45 pm	Practice Teaching			1.25
	Dec 30		Commencement			

Abbreviations: IW=Yoga the Iyengar Way; ACB (Anatomy Coloring Book); YS Yoga Sutras

Fees: Anatomy and Techniques are \$25 per class. Teaching Methodology: \$50 per class; YPLE: \$10 per class. Doug Keller Workshop \$150; Ramanand Patel Workshop \$250; Mentoring and Practice Teaching Supervision \$400. 5 months of unlimited membership \$400 (August 1-December 31). Total Course Fee: \$2520; 5% discount for full payment today: \$2394

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**At the conclusion of the Course, fill this out and turn it in to Laura Spaulding.**

<b>Final Requirements for completion of the course and registration with Yoga Alliance.</b>		T	TM	AP	YPLE	Pr
	Techniques Hours in Classes (minimum of 30 hours with Laura Spaulding)	90				
	Home Practice and Observing Class Assignments	20				
	Teaching Methodology Classes		30			
	Anatomy Classes			20		
	Color Assignments in the Anatomy Coloring Book			10		
	Philosophy Classes				20	
	Research Project				5	
	Practice Teaching under supervision (16 classes)					20
	Class planning					5
	<b>Total Hours Required</b>	<b>110</b>	<b>30</b>	<b>30</b>	<b>25</b>	<b>25</b>

Upon completion of the course, you will receive a certificate showing the total hours you completed in each subject. To register with Yoga Alliance, you will need to upload a digital copy of your certificate on their website. [www.yogaalliance.org](http://www.yogaalliance.org) Scan your certificate with a scanner or use your cell phone to photograph it and upload it as a jpg. Yoga East's membership number is on the certificate.

I certify that I have completed the above requirements and paid the course fees. (Signed) \_\_\_\_\_

(Dated) \_\_\_\_\_

You must turn in your research project. If your project is a written paper, hand in a copy which is printed and bound in a binder for the Yoga East library, and email a digital copy for uploading to the Yoga East Blog to: [laura@yogaeast.org](mailto:laura@yogaeast.org). Word format is the easiest to upload.

The title of my research project is: \_\_\_\_\_.

My name as I wish it shown on my certificate: \_\_\_\_\_.